

# WORKOUT TERMINOLOGY

**ACTIVE REST:**

Instead of resting between sets, you are performing some kind of activity such as jumping jacks, running in place, etc. in order to keep your heart rate up and burn extra calories.

**ALAP:**

As Long As Possible

**AMRAP:**

As Many Rounds As Possible or As Man Reps As Possible (depending on the workout)

**BB:**

Barbell

**BW:**

Bodyweight. An exercise performed without using any weights.

**CIRCUIT:**

A round of exercises. You are moving from one exercise right to the next one with little to no rest in between exercises. Geared towards keeping your heartrate elevated to burn fat and calories.

**DB:**

Dumbbell

**DROP SET:**

A technique in which you will perform an exercise for a certain number of reps and then drop to a lower weight and continue for more reps until you reach failure and then drop to a lower weight once more until failure.

**EMOM:**

Every Minute On the Minute. Every minute on the minute you will perform a certain exercise. You will rest for the remainder of the minute after your task is completed.

**FINISHER:**

A short, high intensity workout at the completion of your workout. Generally a metcon.

**GIANT SET:**

Performing 3 or more exercises back-to-back with no rest in between.

**HIIT:**

High Intensity Interval Training. Intense, quick bursts of exercise, followed by short recovery periods. Geared towards keeping your heartrate elevated to burn fat and calories.

**KB:**

Kettlebell

**MB:**

Medicine Ball

**METCON:**

Metabolic conditioning. 2 to 3 exercises repeated for rounds at high intensity.

**OH:**

Overhead

**PLYOMETRICS:**

Explosive exercises that increase power. Think squat jumps, box jumps, burpees.

**RB:**

Resistance Band

**REPS:**

Repetitions. For example: 12 reps means performing that exercise for 12 times.

**ROM:**

Range of Motion

**SA:**

Single-Arm

**SL:**

Single-Leg

**SETS:**

The number of times you will repeat a given number of reps. For example: 3 sets of 12 reps bicep curls. You will perform 12 reps of bicep curls for a total of 3 times.

**STEADY STATE CARDIO:**

Performing a cardio exercise such as walking, biking or jogging where your heart rate is at a moderate pace for a long period of time. You should be able to hold a full conversation while performing steady state cardio.

**SUPER SET:**

Performing two exercises back-to-back with no rest in between..

**TABATA:**

A high intensity interval workout where you'll do 20 seconds of all out effort followed by 10 seconds of rest, repeated 8 times for a total of 4 minutes.

**TEMPO:**

The rhythm at which you move a weight, including the rest at the top of the lift and the return of the weight to the starting position. Slower tempo will result in creating hypertrophy (bigger muscle) while explosive tempo will build strength, speed and power.

**WEIGHT TERMS:**

**Light:** a weight that is light enough that you can perform 15 – 20 reps with good form. You should come to failure at 15 – 20 reps, if not, move up in weight by 10%.

**Moderate:** a weight that is moderately heavy where you can perform 10 – 12 reps with good form. You should come to failure at 10 – 12 reps, if not, move up in weight by 10%.

**Heavy:** a weight that is heavy where you can perform 6 – 8 reps with good form. You should come to failure at 8 – 10 reps, if not, move up in weight by 10%.

**WOD:**

Workout of the Day